
Walt Stanchfield 21

Notes from Walt Stanchfield's Disney Drawing Classes

“Drawing Calories”

by Walt Stanchfield

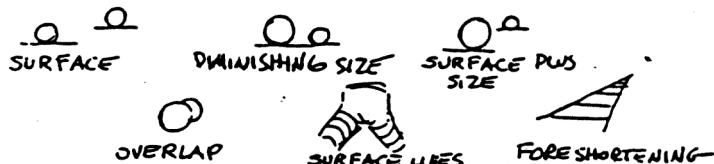
Drawing Calories

DRAWING CALORIES

Lots of people are calorie conscious these days. So why not artists too? Calories as applied to food refers to its heat producing or energy value. This simply means that the foods we eat both maintain the body and supply the energy needed to carry out our daily chores. It takes just so many calories to keep a person vigorous in mind and body. There are charts available that indicate the caloric values of the various foods and drinks. So why not a calorie chart for drawings. Here's a suggested chart. Let's say it takes around 2,000 drawing calories to make a healthy, vigorous drawing.

Squash and stretch	500
anatomy	300
angles	300
straight against curved line	300
gesture	750
overlap	500*
diminishing size	500*
surface lines	500*
foreshortening	300*
surface	400*

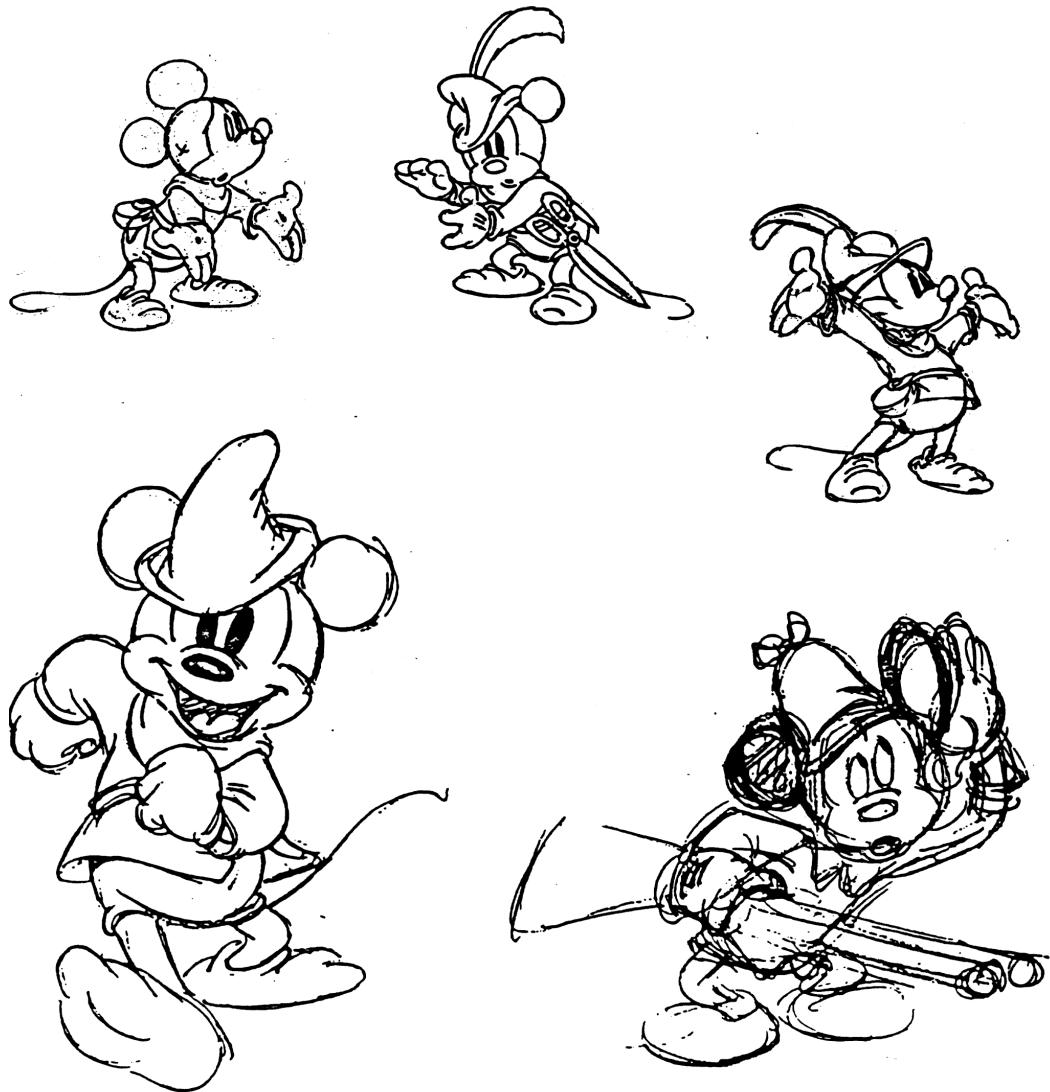
* Calories with asterisk are from the rules of perspective chart.



Wow, did I go over 2,000 mark! About 4,350. But not to worry. When I prepare for a competitive tennis match, I overload my body with burnable calories to ensure lots of stamina. And I tell you its almost like cheating. After an hour or two of intense exercise, the 30 year olds I play with are panting, and I have energy to burn. So, let's make our drawings the kind that have energy to burn--not tired looking, but perky and expressive. They should shout out to the viewer, "I have gone all out on this pose, held nothing back, with no fear of pooping out. I have given it all I've got, but with energy left over for many more to come." Knowledge is the thing it takes to plan the course but energy is the thing it takes to make it all happen. So, watch those calories.

Drawing Calories

Here are some high energy drawings. Study them for their use of the above listed calories.



Walt